

# Resources for People in New Hampshire with Diabetes

## Information

**National Diabetes Information Clearinghouse**  
Health info and links to research trials.  
(800) 860-8747 [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**Juvenile Diabetes Foundation** Information and research on type 1 diabetes. [www.jdf.org](http://www.jdf.org)

**National Diabetes Education Program (NDEP)**  
Materials regarding diabetes. Joint program of NIH and CDC. [www.ndep.nih.gov](http://www.ndep.nih.gov)

**Medline Plus** Information and links regarding diabetes. <http://medlineplus.gov>

**New Hampshire Diabetes Education Program (NHDEP)** NH Diabetes information and resources.  
[www.dhhs.state.nh.us/DHHS/CDPC/dep.htm](http://www.dhhs.state.nh.us/DHHS/CDPC/dep.htm)

**American Diabetes Association** Information for patients and health care providers regarding diabetes.  
(800) DIABETES (342-2383) [www.diabetes.org](http://www.diabetes.org)

**(CDC) National Center for Chronic Disease Prevention and Health Promotion-Diabetes**  
Information about diabetes.  
(877) 232-3422 [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

## Financial Support for eligible individuals

**Special Medical Services Bureau:** Help with health care services for children with special medical needs and support services for families.  
(800) 852-3345 ext 4488

**NH Healthy Kids** Affordable healthcare for NH's uninsured children. (877) 464-2447

**NH Health Access Network** Health care for low-income children and adults statewide.  
[www.healthynh.com/fhc/initiatives/access/NHHAN.php](http://www.healthynh.com/fhc/initiatives/access/NHHAN.php)

**Medicare** [www.medicare.gov](http://www.medicare.gov)  
(800) MEDICARE (633-4227)

**New Hampshire Medication Bridge Program**  
financial help for purchase of long term medications.  
[www.nhha.org/fhc/initiatives/access/medicationbridge.php](http://www.nhha.org/fhc/initiatives/access/medicationbridge.php)  
(603) 225-0900

**Drug Savings Card** Available to individuals with financial need who are not eligible for Medicare.  
(800) 444-4106 [www.TogetherRxAccess.com](http://www.TogetherRxAccess.com)

## Connections

On-line resource to find a **Diabetes Educator** in your area.  
<http://www.nhade.org>

**NH Minority Health Coalition**  
Advocate for healthcare for ethnic and racial minority groups.  
(866) 460-9933  
[www.nhhealthequity.org](http://www.nhhealthequity.org)

**New Hampshire Association for the Blind**  
Help for the visually impaired.  
(800) 464-3075  
[www.sightcenter.com](http://www.sightcenter.com)

## Lifestyle – Physical Activity and Nutrition Websites

**New Dietary Guidelines:** [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

**Small Steps:** Help with healthy eating and physical activity: [www.smallstep.gov/](http://www.smallstep.gov/)

**US Food & Drug Administration:** Tips for losing weight: [www.fda.gov/oc/opacom/hottopics/obesity.html](http://www.fda.gov/oc/opacom/hottopics/obesity.html)

**President's Challenge:** Encourages and gives plan for increased activity: [www.presidentschallenge.org](http://www.presidentschallenge.org)

**Healthy Eating Information:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov), [www.CalorieKing.com](http://www.CalorieKing.com)

**NH DHHS Health Promotion Program:** [www.dhhs.state.nh.us/DHHS/NHP/default.htm](http://www.dhhs.state.nh.us/DHHS/NHP/default.htm)

# Take Charge of Your Own Health:

## Know your ABC's

To help take charge of diabetes, know your ABC's:

**A** is the **A1C** test. It shows how well your blood sugars have been controlled over the last three months. The ADA recommends most people with diabetes keep the A1C below 7.

**B** is for **blood pressure**. Blood pressure is very important since high blood pressure makes your heart work too hard. Most people should have blood pressure at or below 130/80 according to American Diabetes Association clinical practice recommendations.

**C** is for **cholesterol**. Bad cholesterol, also called LDL can build up and clog your blood vessels, leading to heart attack or stroke. Most people should have an LDL level below 100.

Ask your health care provider what ***your ABC's*** should be!

**The following chart guides you in keeping track of your diabetes health care.**

				Visit 1	Visit 2	Visit 3	Visit 4	Visit 5	Visit 6
Tests	How often	Personal goal	Date:						
HA1c	Every 3 months								
Blood Pressure	Every visit								
Weight	Every visit								
Foot Exam	Every visit								

Yearly tests and examinations							
Test or exam:	Cholesterol	HDL/LDL	Triglycerides	Urine protein	Eye exam	Flu Shot	Pneumovax Once time
Date:							

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